



# **Kingsport Senior Center News**

**October 2012**  
**Volume XX Edition 02**  
**1200 East Center Street**  
**Kingsport, Tennessee 37660**

## **Halloween Party/ Costume Contest**

**Wednesday, October 31, 2012**  
**Theater and 2nd floor Atrium**  
**12:30pm-1:30pm**



**1st, 2nd, 3rd place  
prizes for best  
costume!!**



**Refreshments will  
be served!!**

**Sign up's begin October 2.**

## Center News

### **Open Door Policy**

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

### **Kingsport Senior Center Refund Policy**

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

**The Kingsport Senior  
Center is located at  
1200 E. Center Street at the  
Renaissance Center.**

**For more information call the  
Center at (423) 392-8400  
<http://seniors.kingsporttn.gov>**

### **Center Hours**

**Monday thru Friday 8:00 am ~ 7:00 pm  
Saturday 9:00 am ~ Noon**

**Lynn View Senior Center Branch Site  
257 Walker Street  
Kingsport, TN 37665**

**Phone: (423) 765-0134**

**Hours: 9am to 2pm ~ Monday ~ Friday  
(See branch site page for more information)**

**\*The exercise room & computer lab will close  
15 minutes prior to the closing of the Center.**

**Membership dues  
For Fiscal year  
July 1, 2011-June 30, 2012**

\$15 ~ Kingsport Residents  
\$35 ~ Sullivan County Residents  
\$60 ~ Out-of-County Residents

### **Kingsport Senior Center Staff**

Director ~ Shirley Buchanan  
[shirleybuchanan@kingsporttn.gov](mailto:shirleybuchanan@kingsporttn.gov)  
392-8403

Branch Coordinator ~ Cindy Price  
[cindyprice@kingsporttn.gov](mailto:cindyprice@kingsporttn.gov)  
392-8402

Program Leader ~ Michelle Tolbert  
[michelletolbert@kingsporttn.gov](mailto:michelletolbert@kingsporttn.gov)  
392-8404

Wellness Coordinator ~ Kevin Lytle  
[kevinlytle@kingsporttn.gov](mailto:kevinlytle@kingsporttn.gov)  
392-8407

Program Leader ~ Marlana Williams  
[marlanawilliams@kingsporttn.gov](mailto:marlanawilliams@kingsporttn.gov)  
392-8405

Secretary ~ Marsha Mullins  
[marshamullins@kingsporttn.gov](mailto:marshamullins@kingsporttn.gov)  
392-8400 **FAX** (423) 224-2488

Program Assistant ~ Jane Whitson  
[janewhitson@kingsporttn.gov](mailto:janewhitson@kingsporttn.gov)  
392-8406

Program Assistant ~ Amber Quillen  
[amberquillen@kingsporttn.gov](mailto:amberquillen@kingsporttn.gov)  
343-9713

Branch Program Assistant ~ Diana Broyles  
[dianabroyles@kingsporttn.gov](mailto:dianabroyles@kingsporttn.gov)  
247-5942

Nutrition Site Manager ~ Sona Bingham  
246-8060

**The Senior Center will be closed on  
Saturday, October 6, 2012 due to  
stripping and waxing of floors.**

# WELLNESS

## WELLNESS SEMINARS

**Living Well with Arthritis:** Tracy Edwards, John Holt, and David Nastasi with the Milligan College Occupational Therapy (OT) Department will be at the Center on **Tuesday, October 2, 2012** from 10:00 am to 11:00 am in the Card Room. Topic of discussion will be Living Well with Arthritis: Occupational therapy students will suggest a variety of strategies and living independently while avoiding stress to the joints. What can an occupational therapist do?

- **Evaluate** the client’s functioning in daily life suggest changes and modifications that will make arthritis easier to live with.
- **Advise** which activities should be avoided and what exercises can relieve the pain of arthritis.
- **Recommend** and design adaptive equipment or assistive devices to help the client function better in daily activities.
- **Recommend** prefabricated splints and design custom splints to rest or support limbs.
- **Determine** the psychological effects of arthritis, such as depression and emotional stress resulting from lack of sleep because of pain, disfigurement, or an inability to complete certain meaningful tasks. Occupational therapists can recommend coping strategies to combat emotional effect.

This is an event you will not want to miss, so mark your calendar and plan to attend!

**What’s On Your Plate?:** Katy Fuqua, MS, RD, LDN, Clinical Dietitian with Indian Path Medical Center on **Tuesday, October 30, 2012** at 12:30 in the Card Room. Topic of discussion: What’s On Your Plate? Smart Food Choices for Healthy Aging. Learn to plan for healthy eating-the first step, important nutrients to know, and healthy lifestyle-the next step. This will be a really good seminar so be sure to put it on your calendar, all members are welcome to attend.

### Broccoli Rabe

This dark, leafy green (a.k.a. rapini) has edible leaves and stalks that are a bit bitter but more flavorful than broccoli.

**\*Why it’s healthy:** One bunch, cooked, contains 17 grams of plant protein and 12 grams of fiber, plus your daily requirements of vitamins A, C, and K.

**\*How to eat it:** Boil broccoli rabe in a pot of salted water until crisp-tender, about 5 minutes. Drain and sauté it in olive oil, adding garlic and red-pepper flakes. Try it as a simple side with grilled chicken or in a sausage sandwich.

### Humor Quote of the Month

*A sense of humor... is needed armor. Joy in one’s heart and some laughter on one’s lips is a sign that the person down deep has a pretty good grasp of life. ~ Hugh Sidey*

## TOURNAMENTS

**Shuffleboard Tournament:** We invite all shuffleboard players to show off your skills on **Friday, October 26, 2012** at 9:30 am. This tournament will be doubles playing the best three games, with prizes for 1st, 2nd, and 3rd place only. Cost is \$2.00 per person due day of tournament. We will need at least 12 to sign up for tournament to be played. Stop by the office and sign up.

**Billiards Tournament (Women Only):** We invite all women pool sharks to show off your skill on **November 28, 2012** at 9:30 am in the Billiards Room. This tournament will be an 8-Ball Tournament singles play, best of three games and double elimination with a minimum of 12 players to sign up for tournament to be held. Cost is \$2.00 per person, payable the day of the tournament. Prizes will be awarded to 1st, 2nd, and 3rd place only. **NOTE:** We will play on the **first three tables** in the billiards room. Sign up in the office.

### Forbidden Caverns

Come join us as we travel to Sevierville, Tennessee on **Friday, October 5, 2012** at 9:00 am to see the beauty that’s hidden beneath the Great Smoky Mountains! Forbidden Caverns is one of America’s most spectacular caves. It provides you with an entertaining and educational 1 hour walking tour past sparkling formations, towering natural chimneys, numerous grottos, and a crystal-clear stream. Special lighting effects, a stereophonic sound presentation, and well-trained tour guides combine to make this a most enjoyable experience. The trails are well lit with handrails at all necessary points. Cost is \$ 8.00 for transportation payable when you sign up, and \$14.00 for cavern tour payable day of trip. Lunch is on your own at Bull Fish Grill. **NOTE:** Be sure to wear comfortable shoes, and dress appropriate for the caverns the temperature inside is 58 degrees year round. Sign up in the office.

### GUTSY MOVE

Too much vino may upset your stomach, but *a little wine can help your gut*. In a recent study from Spain, men who drank red wine daily for 20 days showed not only higher levels of beneficial gut bacteria but also lower levels of a type of *Clostridium* bacteria linked to bowel disease and colon cancer. The researchers speculate that the polyphenol antioxidants in wine may promote a better balance of bacteria. The study participants benefited from 9 ounces of wine a day (about two glasses).

### SEE CLEARLY, EAT WISELY

Don’t hide your apples in those refrigerator bins. *You’ll eat more fruit if you can see it*, a St. Bonaventure University study reports. People ate more apples from a clear bowl within arm’s reach than from an opaque bowl set the same distance away. The sight of fruit may prompt your brain to think of sweetness, stimulating its reward regions and encouraging you to take a bit, the study authors say.

# Daily Activities and Classes at the Center

## Monday ~

Aerobics ~ 8:30 & 9:15 ~ Gym  
Tai-chi ~ 8:30 ~ Room 310  
Quilting ~ 9:00 ~ Room 303  
Open Woodshop ~ 9:00  
Camera Club ~ Go to [www.scphotogroup.com](http://www.scphotogroup.com)  
Happy Day Singers ~ 9:45  
Beginning Throwing ~ 10:00 ~ Ceramic/Clay Room  
Strength Training ~ 10:15 ~ Gym  
Lap Swimming ~ 12:30-1:00~ DB Pool  
Beginning Clogging ~ 10:30 ~ Room 302  
Beginning Belly Dance ~ 12:00 noon ~ Room 302 Knitting ~ 1:00 ~ Room 303  
Table Tennis ~ 1:00 ~ Gym  
Knitting ~ 1:00 ~ Room 303  
Volleyball ~ 4:00 ~ Gym

## Tuesday ~

Piano Lessons ~ 8:00 ~ Multipurpose Room  
Mini Cardio ~ 8:45 ~ Room 302  
Ceramics ~ 9:00 ~ Ceramics/Clay Studio  
Strength Training ~ 9:30 ~ Gym  
Basket weaving ~ 9:30-11:30, 12:00-2:00 Room  
Renaissance Strings ~ 10:00 ~ Atrium  
Sing Along ~ 10:15 ~ Cafeteria  
Exercise for Everybody ~ 10:30 ~ Gym  
Yoga and Laughter for Seniors ~ 11:00 ~ Room 302  
Good Neighbors ~ 12:15 ~ Lounge  
Lap Swimming ~ 12:30-1:00 ~ DB Pool  
Beginning Dulcimer ~ 11:00 ~ Atrium  
Intermediate Dulcimer ~ 11:00 ~ Atrium  
Shuffleboard ~ 1:00 ~ Ceramics Hallway  
Pickleball ~ 1:00 ~ Gym  
Basketball ~ 4:00 ~ Gym  
Ballroom Video Class ~ 4:30pm ~ Room 302

## Wednesday ~

Aerobics ~ 8:30 & 9:15 ~ Gym  
Tai-chi ~ 8:30 ~ Room 310  
Open Woodshop ~ 9:00  
Beginning Handbuilding ~ 10:00 ~ Clay/Ceramic Room  
Strength Training ~ 10:15 ~ Gym  
Hand and Foot Card Game ~ 12:30 ~ Card Room  
Lap Swimming ~ 12:30-1:00~ DB Pool  
Clogging ~ 11:15 ~ Room 302  
Table Tennis ~ 1:00 ~ Gym  
Belly Dancing ~ 1:00 ~ Room 303

## Thursday ~

Piano Lessons ~ 8:00 ~ Multipurpose Room  
Mini Cardio ~ 8:45 ~ Room 302  
Ceramics ~ 9:00 ~ Ceramics/Clay Studio  
Woodcarving ~ 9:00 ~ Room 303  
Strength Training ~ 9:30 ~ Gym  
Exercise for Everybody ~ 10:30 ~ Gym  
Jam Session ~ 12:30 ~ Cafeteria  
Good Neighbors ~ 12:15 ~ Lounge  
Lap Swimming ~ 12:30-1:00 ~ DB Pool  
Volleyball ~ 1:00~ Gym  
Pickleball ~ 4:00 ~ Gym  
Ballroom Dance ~ 5:00 ~ Room302

## Friday ~

Aerobics ~ 8:30 & 9:15 ~ Gym  
Genealogy Group ~ 9:00 ~ Computer Lab  
Open Woodshop ~ 9:00  
Massage Therapy ~ 9:45 ~ Multipurpose Room ~ (appointment only)  
Strength Training ~ 10:15 ~ Gym  
Lap Swimming ~ 12:30-1:00~ DB Pool  
Pickleball ~ 1:00 ~ Gym  
Bridge Group ~ 1:00 ~ Card Room  
Art Class ~ 2:00 ~Room 303  
Mahjong ~ 2:00 ~ Multipurpose Room  
Basic Photography ~ 3:00 ~ TBA

## Saturday ~

Basketball ~ 9:00 ~ Gym  
Table Tennis ~ 10:30 ~ Gym  
Harmonica ~ 9:00 ~ Multipurpose Room



TRAVEL AND SPECIAL EVENTS

**S.A.L.T Council Meeting ~ First Floor Atrium ~ Tuesday, October 9, 2012 ~ 12:15pm**

**Information on Gray Fossil Site ~ Card Room ~ Thursday, October 11, 2012 ~ 10:30am -11:30am ~ Free! ~ Sign up’s began September 18.**

**Western North Carolina Nature Center Trip ~ Asheville, NC ~ Friday, October 12, 2012 ~ 9:30am-6:30pm ~ Cost: \$15.00/ Transportation/ Entrance Fee~ Lunch on your own at Pomodoros Café ~ Sign up’s began September 6.**

**Woodmen of the World Breakfast ~ Cafeteria ~ Friday, October 19, 2012 ~ 8:30am ~ Free!!**

**Asheville Mall Shopping Trip ~ Asheville, NC ~ Friday, November 16, 2012 ~ 8:30am-5:30pm ~ Cost: \$8.00 for transportation ~ Lunch on your own~ Sign up’s begin October 5.**

**Southern Highlands Craft Fair Visit**

**Friday, October 19, 2012  
8:30am-6:30pm  
Asheville Civic Center  
Cost: \$8.00 transportation plus \$8.00 admission due at door.**

**\*Lunch on your own downtown\***

**Sign up’s began September 26.**

**Wednesday Afternoon Chill-Outs**

**Wednesday, October 10 and 31  
Wednesday, November 14  
Wednesday, December 5 and 19**

**Cafeteria 1:30pm-2:30pm**

**Come and enjoy the Wednesday afternoon fun!! The Senior Center has joined up with students from the Cora Cox Academy for fun and exciting activities!!!**

**Activities include: Crafts, board games, card games, snacks, popcorn, dancing, juke box, cooking, and much more!!!**

**AARP SAFE DRIVING CLASS**

**Wednesday, October 17, 2012  
And  
Friday, October 19, 2012**

**9:00am-1:00pm  
Room 230**

**\$12 for AARP members  
\$14 for non AARP members**

**Max of 25 participants**

**Sign up’s began September 17.**

TRAVEL AND SPECIAL EVENTS

OTLB: Shatley Springs Inn Restaurant

Friday, November 2, 2012  
Crumpler, NC  
9:00am-4:30pm  
Cost: \$25.00 transportation (Charter)  
\*Lunch on your own\*

Sign up’s begin October 3.

The Wind Farmer

Thursday, October 18, 2012  
Barter Theater Stage II  
10:30am-5:30pm  
Cost: \$28.00 transportation/ticket  
\*Lunch on your own\*  
Lunch at Logan’s Roadhouse



22 person max!!

Sign up’s begin October 2.

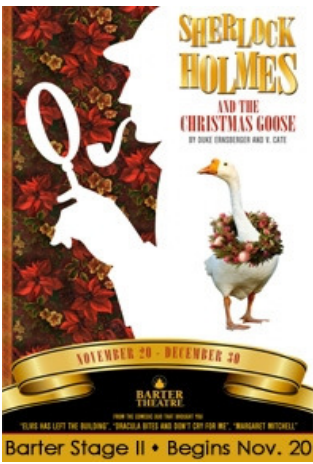
Flat Rock Playhouse Presents:  
“Cat on a Hot Tin Roof”

Wednesday, November 14, 2012  
Flat Rock, NC  
9:15am-7:30pm  
Cost: \$38.00 transportation/ticket  
\*Lunch on your own\*  
Lunch at O’Charley’s.

Sign up’s begin October 10.

“Sherlock Holmes & the Christmas Goose”

Thursday, November 29, 2012  
Barter Theatre Stage II  
10:30am-5:30pm  
Cost: \$28.00 transportation/ticket  
\*Lunch on your own\*  
Lunch at Red Lobster



Sign up’s begin October 5.

Wohlfahrt Haus presents:  
Country Christmas Celebration

Friday, November 9, 2012  
Wytheville, VA  
9:45am-6:00pm  
Cost: \$48.00 all inclusive



33 person max

Sign up’s began September 21.



# Your Page

## From the Dancing Corner

**Ghosts! Goblins! Witches!**

**Don't be frightened; this is all part of the Halloween dance at Rascals on October 12, 2012. For this special occasion we have "scared" Jerry Hanger out of retirement and he has agreed to bring "THE MAILMEN" back for another engagement.**

**Line Dancing will start at 6:30pm followed by dancing to the band at 7:00pm. Costumes are welcome!**

**Admission is \$7.50 per person or \$15.00 per couple. Please bring a snack to share at band intermission.**

**Hope to see you there!**

Friends of the Kingsport Senior Center presents

## October Dance

Friday 10/12/2012 7-10 PM

Music By:  
The Mailmen




**Rascals Teen Center  
125 Cumberland St. Kingsport**


**\$7.50/person; \$15/couple  
Please bring a snack to share  
Contact: 423 245-7925**

**Groovin'  
In The Graveyard!  
Costumes Welcome**







**HMG**  
HOLSTON MEDICAL GROUP



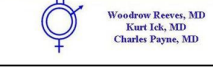
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## A New Beginning

**Thursday, October 18, 2012  
(Meets the 3rd Thursday of each  
month)**

**Multipurpose Room**

**4:30pm-6:00pm**

**FREE**

**Leader: Ben Hubert**

In this group we re-learn how to enjoy life when we have suffered a loss. Come enjoy light refreshments and learn what this group is all about.

(Formally Widows Support Group)

## Medicare Enrollment

**Tuesday, November 6, 2012  
And  
Thursday, November 8, 2012**

**9:00am-12noon  
Computer Lab**

**Appointments are 45 minutes  
each.**

**Sign up's begin October 1.**

## NEWS TO USE

### **Grandparents Financial Seminar With UBS**

**Thursday, October 4, 2012  
Card Room  
12:30pm-1:30pm**

**Light refreshments will be served**

**30 person max!!**

**Sign up's began September 6.**

### **Manicures**

**Tuesday, October 9, 2012  
Multipurpose Room  
11:30am-1:30pm**

**\*Dobyns-Bennett cosmetology\***

**Cost: \$2.00 paid to manicurist**

**Sign up's began September 11.**

### **Mexican Food Made Easy**

(Don't like spicy food? Well this class is for you. We will learn how to make Mexican food without the spice.)

**Tuesday, October 9, 2012  
Lounge**

**12:30pm-1:30pm**

**Cost: \$2.00**

Food demo and sampling provided by Tina Norris.

**Sign up's began September 17.**

### **A Tasty Treat from Marsha**

#### **Green Tomato Pie**

#### **Ingredients**

**2 large or 4 small green tomatoes**

**1 red (ripe) tomato**

**1/2 cup sliced onion**

**2 crisp bacon strips, crumbled  
(may use bacon bits)**

**1/2 cup Parmesan cheese  
(may use grated or shredded)**

**1/2 cup mayonnaise**

**1-2 cup shredded Mozzarella  
cheese**

**Pie shell (I use the frozen shells)**

#### **Directions**

**Slice tomatoes.**

**Spread some of the mayo/cheese mixture in the bottom of the pie crust. Add tomatoes, onions, and bacon. Spread remaining mixture over the top, and sprinkle with the remaining Mozzarella cheese.**

**Bake at 350 degrees for 40 minutes.**



# KINGSPORT SENIOR CENTER

## Fall 2012

### Session I

### Class Schedule

### Computer Classes

**Four - Six Week Courses ~ \$25**

**Two Day Seminars ~ \$15**

**One Day Seminars ~ \$10**

**Must sign up in advance of first class.**

#### BASIC COMPUTER

Wednesdays: September 12, 19, 26 & October 3, 10, and 1. 9:00 a.m.—11:30 a.m. \$25.00

#### BASIC INTERNET

Mondays: October 8, 15, 22, & 19. 9:00 a.m.—11:30 a.m. \$25.00

#### MICROSOFT WORD

Thursdays: September 12, 20, 27, & October 4, 11, and 18. 9:00 a.m.—11:30 a.m. \$25.00

#### INTERNET SECURITY

ONE DAY SEMINAR: Tuesday, October 23. 9:00 a.m.—11:30 a.m. & 1:00 p.m.—3:30 p.m. \$10.00

#### e-BAY AND AUCTION SITES

ONE DAY SEMINAR: Tuesday, November 13. 9:00 a.m.—11:30 a.m. & 1:00 p.m.—3:30 p.m. \$10.00

Waiting list for Excel and Email being taken

***Payment is due the first day of class.***

***All classes other than basic require student to have basic computer skills, and have proficient skills in using a mouse, in order to take the class.***

***Individual help is available for persons with disabilities, in order to learn how to adapt settings on home computers. For more information or to schedule an appointment, call Mary at 392-8433***

### Generations Online Internet Class

**Monday, Wednesdays and Fridays**

**1:00 PM - 5:00 PM**

This is an opportunity to learn how to use the internet. You will learn the basics of the internet, the lingo, how to use a mouse, send an email, and how to use a search engine.

This is a free class. Sessions are taught by a tutorial on the computer. "Peer Coach" - Shelia will be there to assist you. Contact

Shelia in the

computer room to make sure there computer available for you. Please call 392-8433.

### **Karaoke**

**Tuesday, October 16, 2012**

**4:00pm**

**Cafeteria**



### **Genealogy Group**

Friday's ~ Computer lab

9:00am



### Massage Therapy

**Fridays with Debra Defrieze**

**30 minute massage**

**Cost: \$15.00**

**call (423)791-4693**

Fall Classes 2012		
<p><b>Aerobics</b></p> <ul style="list-style-type: none"> <li>Monday, Wednesday &amp; Friday (ongoing)</li> <li>Time: 8:30am - 9:15am</li> <li>Location: Gym</li> <li>Low Impact Aerobics</li> </ul> <p><b>Aerobics</b></p> <ul style="list-style-type: none"> <li>Monday, Wednesday, Friday (ongoing)</li> <li>Time: 9:15am - 10:00am</li> <li>Location: Gym</li> <li>Instructor: Terri Farthing</li> <li>Lo-hi Impact Aerobics</li> </ul> <p><b>Art Class - Painting</b></p> <ul style="list-style-type: none"> <li>Friday</li> <li>Time: 2:00pm - 4:00pm</li> <li>Location: Room 303</li> <li>Instructor: Ann Thwaites</li> <li>All types of media; painting and drawing</li> </ul> <p><b>Ballroom Dance</b></p> <ul style="list-style-type: none"> <li>Thursday</li> <li>Time: 5:00pm - 6:00pm</li> <li>Location: Cafeteria</li> <li>Instructors: Walt &amp; Margaret Baumgardner</li> <li>Learn to waltz, Polka and cut a rug</li> </ul> <p><b>Basic Woodworking</b></p> <ul style="list-style-type: none"> <li>Classes are 6 weeks</li> <li>Senior Center Woodshop</li> <li>9 to 11 am</li> <li>Tuesdays and Thursdays</li> <li>Cost: \$50, materials not included</li> <li>Instructor: Howard Osborne</li> </ul>	<p><b>Ballroom Video Class</b></p> <ul style="list-style-type: none"> <li>Tuesdays</li> <li>Time: 4:30pm - 6:30pm</li> <li>Room 302</li> <li>No instructor, practice to own music</li> </ul> <p><b>Basket weaving</b></p> <ul style="list-style-type: none"> <li>Tuesday</li> <li>Time: 9:30am - 11:30 am &amp; 12:00pm - 2:00pm</li> <li>Location: Room 303</li> <li>Instructor: Lynne Bowers</li> </ul> <p><b>Belly Dance for Beginners (Women Only)</b></p> <ul style="list-style-type: none"> <li>Mondays</li> <li>Time: 11:30am-12:30pm</li> <li>Location: Room 302</li> <li>Instructor: Angela Price</li> </ul> <p>Must have 8 for class to begin. Please sign up at office.</p> <p><b>Belly Dancing - (Women Only)</b></p> <ul style="list-style-type: none"> <li>Wednesday</li> <li>Time: 1:00pm</li> <li>Location: Room 302</li> <li>Instructor: Angela Price</li> <li>Great for your abdominals</li> </ul> <p><b>Camera Club</b></p> <p>Please visit website for meeting times</p> <ul style="list-style-type: none"> <li>Instructor: Claude Kelly</li> <li>Website: WWW.scphotogroup.com</li> </ul> <div data-bbox="778 2079 1213 2489"> </div> <p><b>Hoedown at Allandale Pavilion</b></p>	<p><b>Ceramics</b></p> <ul style="list-style-type: none"> <li>Tuesdays and Thursdays</li> <li>Time: 9:00am - 11:30am</li> <li>Location: Ceramic/Clay Studio</li> <li>Instructor: Mary Lamson</li> <li><b>Please remember your annual \$10 firing fee</b></li> </ul> <p><b>Clay ~ Beginning Handbuilding</b></p> <ul style="list-style-type: none"> <li>Wednesdays</li> <li>Time: 10:00am - 3:00pm</li> <li>Location: Ceramic/Clay Studio</li> <li>Instructor: Aleta Chandler</li> <li>12 weeks: \$30, pay in office</li> <li>Limited to 18 participants</li> </ul> <p><b>Clay ~ (Beginning Throwing)</b></p> <ul style="list-style-type: none"> <li>Mondays</li> <li>10:00am - 3:00pm</li> <li>Location: Ceramics/Clay Studio</li> <li>Instructor: Aleta Chandler</li> <li>12 weeks; \$30; pay in office (\$45 if taking both classes)</li> <li>Limit to 8 participants</li> </ul> <p>* <b>Please remember your annual \$10 firing fee</b></p> <p><b>Clogging - (Beginning)</b></p> <ul style="list-style-type: none"> <li>Mondays</li> <li>Time: 10:00am-11:00am</li> <li>Location: Room 302</li> <li>Instructor: Angela Price</li> <li>Must have 8 new beginners</li> </ul> <p><b>Clogging - (Intermediate)</b></p> <ul style="list-style-type: none"> <li>Wednesday</li> <li>Time: 11:15am</li> <li>Location: Room 302</li> <li>Instructor: Angela Price</li> </ul>

Fall 2012 Classes Continued		
<p><b>Dulcimer (Beginners)</b></p> <ul style="list-style-type: none"> <li>• Tuesdays</li> <li>• Time: 11:00am</li> <li>• Location: Atrium</li> <li>• Instructor: Peggy Ferrell</li> <li>• Learn to play this beautiful Instrument</li> </ul> <p><b>Dulcimer (Intermediate)</b></p> <ul style="list-style-type: none"> <li>• Tuesdays</li> <li>• Time: 11:00am</li> <li>• Location: Atrium</li> <li>• Instructor: TBA</li> </ul> <p><b>Exercise for Everybody</b></p> <ul style="list-style-type: none"> <li>• Tuesdays &amp; Thursdays</li> <li>• Time: 10:30am</li> <li>• Location: Gym</li> <li>• Instructor: Kevin Lytle</li> </ul> <p><b>Good Neighbors</b></p> <ul style="list-style-type: none"> <li>• Tuesdays and Thursdays</li> <li>• Time: 12:15pm</li> <li>• Location: Lounge</li> <li>• Staff</li> <li>• Guest speakers, trips, bingo and fellowship</li> </ul> <p><b>Happy Day Singers</b></p> <ul style="list-style-type: none"> <li>• Mondays</li> <li>• Time: 9:45am</li> <li>• Inspirational singing at nursing homes</li> </ul> <p><b>Harmonica Class</b></p> <ul style="list-style-type: none"> <li>• Saturdays</li> <li>• Time: Beginners 9:00am</li> <li>•       Intermediate 10:00am</li> <li>• Multipurpose Room</li> <li>• Cost: \$5.00 per lesson</li> <li>• Instructor: Bob Swartz</li> </ul> <p><b>Jam Session</b></p> <ul style="list-style-type: none"> <li>• Tuesdays &amp; Thursdays</li> <li>• Time: 12:30 noon</li> <li>• Location: Cafeteria</li> </ul>	<p><b>Karaoke</b></p> <ul style="list-style-type: none"> <li>• 3rd Tuesday</li> <li>• Resumes in September</li> <li>• Time: 4:00 pm</li> <li>• Location: Cafeteria</li> <li>• Bring snack to share</li> </ul> <p><b>Knitting Class</b></p> <ul style="list-style-type: none"> <li>• Monday</li> <li>• Time: 1:00 - 3:00pm</li> <li>• Location: Room 303</li> <li>• Instructor: Barbara White</li> <li>• All skill levels</li> </ul> <p><b>Lap Swimming</b></p> <ul style="list-style-type: none"> <li>• M-F</li> <li>• Time: 12:30—1:00 p.m.</li> <li>• Location: Dobyys-Bennett pool</li> <li>• No instructor, lap swimming</li> </ul> <p><b>Mini Cardio Exercise Class</b></p> <ul style="list-style-type: none"> <li>• Tuesdays, Thursdays</li> <li>• Time: 8:45am - 9:15am</li> <li>• Room: 302</li> <li>• Instructor: Roger Hixson</li> </ul> <p><b>Piano Lessons</b></p> <ul style="list-style-type: none"> <li>• Tuesdays &amp; Thursdays</li> <li>• 8:00am - 11:00am</li> <li>• \$15 (30 minute lessons)</li> <li>• pay instructor</li> <li>• Location: Multipurpose Room</li> <li>• Instructor: Freda Karsnak</li> <li>• Call for appt. 423-292-2711</li> </ul> <p><b>Quilting</b></p> <ul style="list-style-type: none"> <li>• Monday</li> <li>• Time: 9:00am - 10:30am</li> <li>• Location: Room 303</li> <li>• Instructor: Shelia Davis</li> </ul> <p><b>Renaissance Strings</b></p> <ul style="list-style-type: none"> <li>• Tuesdays</li> <li>• Time: 10:00am - 11:00am</li> <li>• Location: Atrium</li> <li>• Instructors: Lucille Hinke and Jan Fenelon</li> </ul>	<p><b>Strength Training</b></p> <ul style="list-style-type: none"> <li>• Monday, Wednesday &amp; Friday</li> <li>• Time: 10:15am - 11:00am</li> <li>• Location: Gym</li> <li>• Instructor: Terri Farthing</li> </ul> <p><b>Strength Training</b></p> <ul style="list-style-type: none"> <li>• Tuesday, Thursday</li> <li>• Time 9:30am - 10:30am</li> <li>• Location: Gym</li> <li>• Instructor: Kevin Lytle</li> </ul> <p><b>Tai-Chi</b></p> <ul style="list-style-type: none"> <li>• Mondays &amp; Wednesdays</li> <li>• Time: 8:30am</li> <li>• Location: Senior center, Room 310</li> <li>• Instructor: Hang Lei</li> </ul> <p><b>Woodcarving</b></p> <ul style="list-style-type: none"> <li>• Thursdays</li> <li>• Time: 9:00am - 12:00 noon</li> <li>• Location: Room 303</li> <li>• Beginners welcome</li> </ul> <p><b>Yoga and Laughter for Seniors</b></p> <ul style="list-style-type: none"> <li>• Tuesdays</li> <li>• Time: 11:00am</li> <li>• Location: Room 302</li> <li>• Cost: FREE</li> <li>• Instructor: Dr. Sharmi Mehta</li> <li>• <b>Requirement: bring a mat to class</b></li> </ul> <p><b>Learn How to Play Mahjong</b></p> <ul style="list-style-type: none"> <li>• Fridays</li> <li>• Time: 2:00pm-4:00pm</li> <li>• Location: Multipurpose Room</li> <li>• Cost: FREE</li> <li>• Instructor: Jean Chang</li> </ul>

# FALL 2012 BRANCH SITE SCHEDULE

## Core Conditioning

- Tuesday & Friday
- Time: 10:00 a.m.
- Location: Boys/Girls Club
- Instructor: Chris Hicks
- Great for all ages.
- Gain core strength

## Beginning Drawing

- Wednesdays
- Time: 10:00 a.m. - 12:00 noon
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Basic drawing class

## Advanced Drawing

- Wednesdays
- Time: 9:00-11:00am
- Location: Lynn View Branch Site
- Insturctor: Jo Anne McDonough
- Must have taken the beginning class or have permission of the instructor

## Line Dance - Beginning

- Monday
- Time: 11:30am - 12:30pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell
- MUST WEAR SOFT-SOLED SHOES

## Line Dance - Intermediate

- Mondays
  - Time: 12:45pm –1:45pm
  - Location: Boys/Girls Club
  - Instructor: Lyna Faye McConnell
  - Faster-paced, less instruction for ad-  
vanced dancers.
- MUST WEAR SOFT-SOLED SHOES

## Advanced Yoga

- Tuesdays & Thursdays
- Time: 11:00am - 11:30am
- Location: First Broad Street UMC, Rec. Room
- Instructor: Tish Kashdan

## Private Personal training with Chris

- Call for appointment ~ 723-9967
- Call for prices
- Instructor: Chris Hicks

## Artist and Crafters Monthly Breakfast

- 2nd Tuesday each month
- Lynn View Branch Site
- Please call for reservation

## Strength Training

- Tuesdays & Thursdays
- Time: 9:00 a.m.
- Location: Lynn View Branch Site
- Instructor: Chris Hicks

## Yoga

- Tuesdays & Thursdays
- Time: 11:30am - 12:30am
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

## Zumba Fitness

- Tuesdays & Fridays
- Time: 10:45 am
- Location: Lynn View Branch Site
- Instructor: Larissa Powers
- Minimum of 8 students required

## Silver Sneakers Yoga Stretch

- Mondays & Wednesdays
- Time: 9:00 a.m.
- Location: Lynn View Branch Site
- Instructor: Diane Broyles

## Silver Sneakers Muscular Strength and Range of Movement

Mondays & Wednesdays  
Time: 10:00 a.m.  
Location: Lynn View Branch Site  
Instructor: Chris Hicks

## Piloxing

- Tuesdays & Thursdays
- 9:30 a.m.
- Location: Colonial Heights Baptist Church
- Instructor: Terri Bowling
- This class is a combination pilates and kick boxing and is an intense workout.

## Total Body Workout

- Mondays & Wednesdays
- Time: 9:30am
- Location: VO Dobbins Community Center Gym #2
- Instructor: Terri Bowling

## Game Day

- 3rd Tuesday of Month
- Time: 12:00 noon
- Lynn View Cafeteria
- Group Leader: TBA
- Sequence and variety of board games

## Pickle-ball

- Wednesdays and Fridays
- 2:00—4:00 pm
- Lynn View Branch Site

## Ageless Grace

- 6 week class
- Mondays & Wednesdays
- Time: 9:30
- Location: Colonial Heights Baptist Church
- Instructor: Larissa Powers


## Walking

- Monday-Friday
- Time: 9:00 a.m.—12:00 noon
- Location: Colonial Heights Baptist Church Walking track
- There will be a roster in the gym office at the church. Please sign the roster as with any other class.

**Don't forget to visit the Kingsport Senior Artisan Center and support your regional senior Artists. There are many beautiful handmade items for sale.**





<div data-bbox="110 475 681 615">  <p><b>Kingsport</b> <b>Adult Education</b></p> </div> <p>CLASSES BEGAN THE WEEK OF September 10, 2012 UNLESS OTHERWISE NOTED.</p> <p>Kingsport Adult education classes are administered by The Kingsport Senior Center. For more information or to sign up for a class, please Call 423-392-8400 All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.</p> <p><b>JOB SKILLS</b></p> <p><b><u>Beginning Computer Literacy</u></b></p> <ul style="list-style-type: none"> <li>• 6 Weeks (Beginning October 24)</li> <li>• Fee \$70</li> <li>• Instructor: TBA</li> <li>• Wednesdays 6:00 - 8:00pm</li> <li>• Location: Computer Lab, Lynn View CC</li> </ul> <p><b><u>2008 National Electric Code (Commercial)</u></b></p> <ul style="list-style-type: none"> <li>• 8 Weeks</li> <li>• Fee: \$70</li> <li>• Mondays 6:00 - 8:00pm</li> <li>• Instructor: Chris Ferrell, Electrical Inspector</li> <li>• Location: Renaissance Center Cafeteria</li> </ul> <p><b><u>2008 National Electric Code (Residential)</u></b></p> <ul style="list-style-type: none"> <li>• 8 Weeks (Begins January 21, 2013)</li> <li>• Fee \$70</li> <li>• Mondays 6:00-8:00 p.m.</li> <li>• Instructor: Chris Ferrell, Electrical Inspector</li> <li>• Location: Renaissance Center Cafeteria</li> </ul> <p><b><u>Beginning Heating Ventilation and Air Conditioning Certification Preparation</u></b></p> <ul style="list-style-type: none"> <li>• 10 Weeks (Beginning October 2nd)</li> <li>• Fee: \$165</li> <li>• Tuesdays 6:00pm - 9:00pm</li> <li>• Instructor: Jim Dotson</li> <li>• Location: Multipurpose Room, Renaissance Center</li> </ul> <p>There will be 2 more 10 week sessions following this class. Upon completion of all three sessions you will be prepared to take your certification test. Must have a minimum of 5 students, must pre-register.</p>	<p><b>CULTURAL/ARTS/CRAFTS</b></p> <p><b><u>Card Making Workshop</u></b></p> <ul style="list-style-type: none"> <li>• 5:30pm (October 12th)</li> <li>• Instructor: TBA</li> <li>• Fee: \$10/includes materials</li> <li>• Location: Lynn View Community Center</li> </ul> <p>You will make 5 cards and take materials home to make additional 5 cards.</p> <p><b><u>Beginning Crochet</u></b></p> <p>Coming in October to Lynn View Branch Site Watch for updates</p> <p><b><u>Fly Tying</u></b></p> <ul style="list-style-type: none"> <li>• 8 weeks (starting October 23)</li> <li>• Tuesdays</li> <li>• 6:00 p.m. - 8:00 p.m.</li> <li>• Instructor: Joseph Aimetti</li> <li>• Fee: \$10 plus supplies</li> <li>• Supply list available at sign up</li> <li>• Location: Lynn View Community Center</li> <li>• Minimum of 5 students</li> </ul> <p>Learn to tie basic flies used in fly fishing. A more advanced class will be offered in the winter.</p> <p><b><u>Beginning Clay</u></b></p> <ul style="list-style-type: none"> <li>• 8 week class (October 16th)</li> <li>• Tuesdays, 6-8 pm</li> <li>• Fee: \$60 plus \$10 clay and \$10 firing fee</li> <li>• Instructor: Kara Bledsoe</li> <li>• Minimum: 8 students</li> <li>• Maximum: 15 students</li> </ul> <p>This is a beginning hand building clay class. You will learn basic hand building techniques. You will complete 8 different projects.</p> <p><b>HEALTH/EXERCISE</b></p> <p><b><u>Beginning Golf Lessons</u></b></p> <ul style="list-style-type: none"> <li>• 6 weeks (Beginning 2nd Tuesday in April, 2013)</li> <li>• Fee: \$25</li> <li>• Tuesdays 6:00 p.m.</li> <li>• Instructor: TBA</li> <li>• Begins April, 2013</li> <li>• Call for more information</li> </ul>	<p><b><u>Personal Training with Chris</u></b></p> <ul style="list-style-type: none"> <li>• Instructor: Chris Hicks</li> <li>• Available by the hour or as package</li> </ul> <p>Contact Chris (423-741-5643)</p> <p><b><u>Zumba Fitness</u></b></p> <ul style="list-style-type: none"> <li>• 6 weeks</li> </ul> <p>New sessions, Nov 29, Jan 17, March</p> <ul style="list-style-type: none"> <li>• \$25 fee per session</li> <li>• Instructor: Becky Mills</li> <li>• Location: Lynn View Community Center, Cafeteria</li> </ul> <p><b><u>Piloxing</u></b></p> <ul style="list-style-type: none"> <li>• Tuesdays and Thursdays</li> <li>• 9:30 a.m.</li> <li>• Colonial Heights Baptist Church</li> <li>• Instructor: Terri Bowling</li> <li>• This class is a combination between pilates and kick boxing. It is a high intensity exercise class.</li> </ul> <p><b><u>Piloxing</u></b></p> <ul style="list-style-type: none"> <li>• Tuesday</li> <li>• 6:00 p.m.</li> <li>• Room 302, Senior Center</li> <li>• Instructor: Becky Mills</li> <li>• Limited to 15 participants</li> <li>• \$30.00 payable first night of class</li> </ul> <p><b>DANCE CLASSES</b></p> <p><b><u>Salsa Dance</u></b></p> <ul style="list-style-type: none"> <li>• 4 weeks</li> <li>• Fee: \$10 for 4 weeks/ 8 classes</li> <li>• Tuesday &amp; Thursdays</li> <li>• Time: 1:00</li> <li>• Room 302, Renaissance Center</li> <li>• Instructor: BJ Goliday</li> <li>• Begins October 2, 2012</li> </ul>
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# Did You Know??



**An average person will spend 25 years asleep.**

**An adult giraffe has a kick so powerful, they can decapitate a lion.**

**Sharks can sense a drop of blood from 2.5 miles away.**

**A rat can tread water for 3 days.**

**The average chocolate bar has 8 insect legs in it.**

**Your taste buds have hair.**

**The width of your arm span stretched out is the length of your whole body.**

**Falling coconuts kill about 150 people every year.**

**Pineapple acts as a natural painkiller because it contains anti-inflammatory enzymes.**

**Mosquitoes have killed more humans than all the wars in history.**

**You can literally be "scared to death". Fear causes your body to pump adrenaline into your blood, which can be toxic in large amounts.**

**Gum is illegal in Singapore and has been since the 1980's.**

**Lemon juice can help reduce the swelling caused by insect bites.**

**Wearing socks to sleep can help reduce the amount of times you wake up during the night.**

**The most push-ups performed in one day by a single person was 46,001.**

**Daytime naps help to improve your memory and cut the risk of heart disease.**

**The white powder on chewing gum is actually sweetened marble dust.**

**Watching an hour of TV shortens your life by 22 minutes.**





## **Walgreens: "Way To Well Contest"**

### **- Participants**

- Seniors from 1st District Senior Centers

### **- October 1st thru October 31st**

### **- Each center will receive enrollment forms for the participants**

- Encourage participation to help senior "Be Well"
- Completed forms turned in by November 9th.

### **- Equal opportunity for all Senior Centers to win**

### **- "Wellness" points earned for 10 different "Ways to Well"**

- 100 possible points/participation
- Minimum # of 25 participants
- Each item is worth a certain amount of points on a 100 point scale
- Center with highest percentage will be the winner

### **- 3 prizes**

- 1st \$1000
- 2nd \$500
- 3rd \$250

### **- 10 Measured Ways to Well**

1. Flu Shot (August 2012-October 2012) / 10 pt value
2. Pneumonia Shot (Since 65 or last 5 years) / 10 pt value
3. Shingles Shot (Lifetime) / 20 pt value
4. Blood Pressure Check (October 2012) / 5 pt value
5. Cholesterol Check (Last 6 months) / 10 pt value
6. Primary Care Physician visit (Last 6 months) / 10 pt value
7. Optometrist Visit (Last 12 months) / 10 pt value
8. Dentist Visit ( Last 6 months) / 15 pt value
9. Exercise Regularly (3 days a week during October 2012) / 5 pt value
10. Attend a Senior Center Function (October 2012) / 5 pt value
11. Bonus: Shopped Walgreens Senior Discount Day / 5 pt value

Total: 105 pts

**\*Pick up "Way To Well" point sheet now in the front office.\***



# Game Show Day

**Wednesday, November 7, 2012  
12:30PM-1:30PM  
Cafeteria**

**Come and participate in some of your favorite game shows and see some of your favorite game show hosts such as, "Pat Sajack" and "Vanna White", at the Senior Center!!**

**SIGN UP'S BEGIN OCTOBER 2.**

**Kingsport Senior Center  
1200 E. Center Street  
Kingsport, TN. 37660  
Phone: 423-392-8400**

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